



Self Defense

TOTAL SELF DEFENSE

Learn what really works when you are in DANGER. Taught by a 6th Degree Black Belt who trained with Chuck Norris and a 3rd Degree Black Belt. No pressure, low key for men and women. Our goal is to help you be and feel SAFE.

***Check out a free class Thursday's at 8pm at the South Jordan Fitness & Aquatics Center.**

Basic self defense techniques that work in high stress situations, plus a great karate workout!

Students will learn self defense techniques for 30 minutes, then a moderate to hard workout for 30 minutes (we will make you sweat!) Designed for a beginning students as well as those who have studied martial arts who wish to progress towards advancement.



Classes are held every Thursday in the dance room from 8:00pm-9:00pm

This class is for Ages 14+

Price is \$55 per month or there is a One time drop in fee of \$13.75 after your first free visit.

Contact Brad Vaske@ Bvaske@sjc.utah.gov with any questions or call 801.793.5943

South Jordan Fitness & Aquatic Center | 10866 S. Redwood Rd. | South Jordan, UT 84095